



Dating Like a Manatee

A gentle field guide to first encounters that feel warm, curious, and real.

Finding connection — without turning a date into an interview.

by Jen Solin Coaching

Date like a manatee.

Manatees don't rush. They don't force the current.

They don't chase every splash.

They move slowly enough to notice where the water feels warm.

Maybe dating isn't about impressing someone.

Maybe it's about noticing where your heart naturally softens.



THE PHILOSOPHY

Instead of: Dating is finding the right person.

*Dating is noticing how your body, heart, and curiosity
respond around another person.*

WHAT MAKES A MANATEE A GREAT DATING COACH

They aren't frantic.

They aren't chasing.

They aren't forcing.

They notice. They linger.

They conserve energy.

They seek warm water.

They gather peacefully.

They don't waste time in waters
that don't nourish them.

Before your first date...

Instead of packing expectations...

🌱 *Pack curiosity.*

Instead of trying to be interesting...

🌱 *Become interested.*

Instead of asking "Will they like me?"...

🌱 *Try "What does it feel like to be around this person?"*

NOTICE...

- *Do I breathe easier?*
- *Do I feel lighter?*
- *Do I become more myself?*
- *Do I feel rushed?*
- *Do I leave with more energy... or less?*
- *Does this connection feel like something I want to explore more?*

Don't interview. Explore.

Let the conversation breathe. Two very different energies:

THE INTERVIEW

- Rapid-fire questions
- A mental checklist
- A resume comparison
- A compatibility audit
- Trying to decide too soon

THE EXPLORATION

- ♥ Genuine curiosity
- ♥ Stories instead of summaries
- ♥ Wonder
- ♥ Following what comes alive
- ♥ Gentle follow-up questions
- ♥ Let the conversation wander

*"Conversation isn't something you conduct.
It's something you discover and co-create."*

— JEN

The six conversation trails · I

Two sample questions per trail — just enough. The full deck holds the rest.

There's no need to race through the trails. Let curiosity, timing, and trust guide you. Some questions belong in a first conversation; others don't bloom until you've shared a little more of the path together.

● FIRST ENCOUNTERS

"What are your favorite ways to spend free time?"

"Who are your closest people, and how do you like to stay in touch?"

● LOVE & PAST RELATIONSHIPS

"If your closest friends gave you relationship advice, what might they say?"

"Whose love or partnership has inspired you — and what stood out about it?"

● SELF-KNOWLEDGE & RESILIENCE

*"Who or what in your daily life brings out your growth edge —
and how do they help stretch you?"*

"When life gets overwhelming, what helps you find your way back to yourself?"

The six conversation trails · II

Two sample questions per trail — just enough. The full deck holds the rest.

There's no need to race through the trails. Let curiosity, timing, and trust guide you. Some questions belong in a first conversation; others don't bloom until you've shared a little more of the path together.

● INTIMACY & DESIRE

Instead of "What are your boundaries?" try...

"What helps you feel relaxed enough to really be yourself with someone?"

"What reliably draws you toward someone — physically and energetically?"

● DREAMS & FUTURE VISIONS

"If you could take a month-long holiday, where would you go and why?"

"If you imagine your life 5 years from now, what would you hope has shifted or changed?"

● COMMUNITY & BELONGING

"Who have been (or are) the biggest cheerleaders in your life — part of your support network?"

"What are the most nourishing parts of the communities you're a part of right now?"

One last thing.

The questions matter. How you ask them matters even more.

Ask because you're genuinely curious. Listen because you want to understand, not because you're waiting for your turn. Leave room for silence.

Follow the thread that lights someone up.

But more than anything, notice.

Notice what makes your shoulders relax. Notice what brings someone else's eyes to life. Notice where the conversation wants to wander. Notice when you're performing instead of connecting. Notice when you've gone deep enough for today — and when there's something beautiful to save for another conversation.

That's the manatee way. They don't rush the water.

They sense it. They linger where it's warm.



Want more trails to explore?

The Manatee Lesbian Love & Connection Cards include 180 thoughtfully crafted prompts across these six conversation trails. On sale for \$34, shipping included (U.S. & Canada).

Because meaningful relationships aren't built through perfect questions — they're built through curious hearts.

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